LISTING OF CLAIMS

1. (Currently Amended) A weightlifting apparatus for supporting a dumbbell, the apparatus comprising :

first and second side frames;

an elevation adjustment ~~means~~ mechanism carried on the first and second side frames;

a cross-support mechanism having collars at opposite ends of the cross-support mechanism, and the collars being coupled to the elevation adjustment mechanism; and

at least one dumbbell support coupled to the cross-support mechanism the ~~elevation adjustment means~~ for supporting a dumbbell in a plurality of different elevations and lateral positions.

2. (Currently Amended) The weightlifting apparatus of claim 1[,]wherein the dumbbell support comprises:

an angularly adjustable, pivotal portion adapted for receiving and supporting a dumbbell.

3. (Currently Amended) The weightlifting apparatus of claim 2 [,] wherein the angular adjustable, pivotal portion includes a dumbbell receiver for supporting the dumbbell.

4. (Currently Amended) The weightlifting apparatus of claim 3 [,] further comprising:

a notch formed in the dumbbell receiver to facilitate access to the dumbbell mounted on the angularly adjustable, pivotal portion.

5. (Currently Amended) The weightlifting apparatus of claim 3 [,] wherein the dumbbell receiver comprises:

a plate pivotally coupled to the ~~crossbar mount~~ cross-support mechanism, the plate including a plurality of spaced apertures; and

a latch carried on the ~~crossbar mount~~ cross-support mechanism and releasably engagable with one of the apertures to adjust the angular position of the plate with respect to the ~~crossbar mounting portion~~ cross-support mechanism.

6. Canceled

7. (Currently Amended) The weightlifting apparatus of claim 1 ~~further comprising:~~ wherein the cross-support mechanism is comprised of a horizontal crossbar ~~engaged with the elevation adjustment means~~, the dumbbell supports mounted on the crossbar.

8. (Currently Amended) The weightlifting apparatus of claim 7 ~~when~~ [,] wherein the dumbbell support comprises:

a crossbar mounting portion for movably adjusting the dumbbell support along the crossbar.

9. (Currently Amended) The weightlifting apparatus of claim 8 [,] further comprising:

means for latching the crossbar mounting portion to the crossbar in one of a plurality of positions along the crossbar.

10. (Currently Amended) The weightlifting apparatus of claim 8 [,] further comprising:

means for latching the crossbar mounting portion to the crossbar in a plurality of discrete positions.

11. (Currently Amended) The weightlifting apparatus of claim 10 [,] wherein the latching means comprises:

a plurality of spaced apertures along the crossbar; and

a spring biased pin carried on the crossbar mounting portion releasably engagable with one of the apertures in the crossbar.

12. (Currently Amended) The weightlifting apparatus of claim 7 [,] wherein the dumbbell support comprises two dumbbell supports.

13. (Currently Amended) The weightlifting apparatus of claim 1 [,] wherein the elevation adjustment means comprises:

a threaded screw supported on each of the first and second side frames;

a rotative drive coupled to both screws for bi-directionally rotating both screws; and

the ~~dumbbell support~~ cross-support mechanism coupled to each of the screws for elevational movement.

14. (Currently Amended) The weightlifting apparatus of claim 13 [,] further comprised:

a horizontal crossbar movably coupled to each screw, the dumbbell support carried on the crossbar.

15. (Currently Amended) The weightlifting apparatus of claim 13 [,] wherein the drive comprises:

~~a~~ an electric motor mounted to the first and second side frames, the motor

the electric motor having an output shaft; and

an elongated member extending to and coupled to each screw and to the output shaft for transmitting rotation of the motor output shaft to each of the screws.

16. (Currently Amended) The weightlifting apparatus of claim 13 ~~further comprising:~~

~~a rotative drive coupled to both screws for bi-directionally rotating both screws, the drive including:~~ [,] wherein the rotative drive comprises:

a first rotatable member;

second and third rotatable members each fixedly coupled to one of the screws; and

an elongated member extending to and coupled to each of the first, second and third rotatable members for transmitting rotation of the drive to each of the screws.

17. (Currently Amended) The weightlifting apparatus of claim 16 [,] wherein:

the first, second and third rotatable members include teeth; and

the elongated member includes teeth meshingly engagable with the teeth on the first, second and third rotatable members.

18. (Currently Amended) The weightlifting apparatus of claim 16 [,] wherein the drive comprises:

a rotatable shaft coupled to the first ~~rotative~~ rotatable member such that rotation of the shaft rotates the first ~~rotative~~ rotatable member.

19. (Original) A weightlifting apparatus for supporting a dumbbell, the apparatus comprising:

first and second side frames;

a horizontal crossbar extending between the first and second side frames;

a pair of dumbbell supports movably mounted on the crossbar; and

a latch on each dumbbell support for releasably latching each dumbbell support in a horizontally adjustable position along the crossbar.

20. (Currently Amended) The weightlifting apparatus of claim 19 [,] wherein the latch comprises:

a plurality of spaced apertures formed along the crossbar; and

a latch pin carried on the each dumbbell support, the pin releasably engagable with one of the apertures in the crossbar to releasably latch the dumbbell support in a selected horizontally adjustable position along the crossbar.

21. Canceled.

22. (Currently Amended) The weightlifting apparatus of claim 21 [,] further comprising:

~~the~~ a crossbar mounting portion carried on each dumbbell support and movable along the crossbar;

an angularly adjustable, pivotal portion coupled to the crossbar mounting portion, for receiving and supporting a dumbbell;

a dumbbell receiver carried on the pivotal portion; and

means for locking the dumbbell receiver in one of a plurality of angular positions with respect to the crossbar mounting portion.

23. (Currently Amended) A weightlifting apparatus for supporting a dumbbell, the apparatus comprising:

first and second side frames;

a horizontal crossbar extending between the first and second side frames;

a pair of dumbbell supports movably mounted on the crossbar;

~~the~~ a crossbar mounting portion carried on each dumbbell support and movable along the crossbar;

an angularly adjustable, pivotal portion coupled to the crossbar mounting portion, for receiving and supporting a dumbbell;

a dumbbell receiver carried on the pivotal portion; and

means for locking the dumbbell receiver in one of a plurality of angular positions with respect to the crossbar mounting portion.

24. (Currently Amended) A weightlifting apparatus for supporting a dumbbell, the apparatus comprising:

first and second side frames;

a crossbar extending horizontally between the first and second side frames;

elevation adjustment means carried on the first and second side frames and coupled to the crossbar for moving and supporting the crossbar in a plurality of different elevations;

at least one dumbbell support coupled to the crossbar for supporting a dumbbell; and

a foot rest disposed within the first and second side frames, the foot rest comprising a support frame providing vertical and fore/aft adjustable positioning of a foot support member.

25. Canceled.

Add new Claims 26-37 as follows:

26. (New) A weightlifting apparatus for supporting a dumbbell, the apparatus comprising:

first and second side frames;

a horizontal cross-support mechanism extending between the first and second side frames; and

a pair of dumbbell supports laterally movably mounted on the cross-support mechanism.

27. (New) The weightlifting apparatus of claim 26, further comprising a positioning mechanism to define a laterally adjustable position along the cross-support mechanism.

28. (New) The weightlifting apparatus of claim 27, wherein the positioning mechanism is comprised of a latch.

29. (New) The weightlifting apparatus of claim 28, wherein the latch comprises:

a plurality of spaced apertures formed along the cross-support mechanism; and

a latch pin carried on the each dumbbell support, the pin releasably engagable with one of the apertures in the cross-support mechanism to releasably latch the dumbbell support in a selected horizontally adjustable position along the cross-support mechanism.

30. (New) The weightlifting apparatus of claim 29, further comprising:

a cross-support mechanism mounting portion carried on each dumbbell support and movable along the cross-support mechanism.

31. (New) The weightlifting apparatus of claim 30, further comprising:

an angularly adjustable, pivotal portion coupled to the cross-support mechanism mounting portion, for receiving and supporting a dumbbell;

a dumbbell receiver carried on the pivotal portion; and

means for locking the dumbbell receiver in one of a plurality of angular positions with respect to the cross-support mechanism mounting portion.

32. (New) The weightlifting apparatus of claim 26, wherein the horizontal cross-support mechanism is vertically movable relative to the first and second side frames.

33. (New) The weightlifting apparatus of claim 32, wherein the horizontal cross-support mechanism is comprised of first and second collars movable vertically relative to the first and second side frames, and a cross bar extending between the first and second side collars.

34. (New) A weightlifting apparatus for supporting a dumbbell, the apparatus comprising:

first and second side frames;

a pair of dumbbell supports operatively coupled to the first and second side frames, the dumbbell supports being both laterally and vertically movable relative to the first and second side frames.

35. (New) The weightlifting apparatus of claim 34, further comprising a horizontal cross-support mechanism extending between the first and second side frames, the cross-support mechanism being vertically movable relative to the first and second side frames, and the pair of dumbbell supports laterally movably mounted on the cross-support mechanism.

36. (New) The weightlifting apparatus of claim 35, further comprising a positioning mechanism to define a laterally adjustable position along the cross-support mechanism.

37. (New) The weightlifting apparatus of claim 35, wherein the horizontal cross-support mechanism is comprised of first and second collars movable vertically on the first and second side frames, and a cross bar extending between the first and second side collars.